

## CLAIMS

What is claimed is:

1. A method of heating a food, comprising the step of imparting  
5 microwave energy to a food wherein a portion of the microwave energy is converted to heat by use of a coating derived from an ink, comprising:
  - a) 5 to 20 parts by weight natural polymer binder,
  - b) 7 to 20 parts by weight of a substantially non-aggregated particulate nonmetallic microwave susceptor material,
  - c) 50 to 88 parts by weight of an aqueous solvent for the natural polymer binder, and
  - d) optionally, up to 10 parts by weight of a chemical dispersing aid for the microwave susceptor material,
- 15 wherein the binder, microwave susceptor material, solvent and chemical dispersing aid total 100 parts by weight.
2. The method of claim 1 wherein the binder is water soluble soy protein, vegetable protein, or derivatives thereof.
- 20 3. The method of claim 1 wherein the binder is water soluble corn starch, polysaccharides, or derivatives thereof.
4. The method of claim 1 wherein the binder is a water soluble  
25 cellulosic derivative.
5. The method of claim 1 additionally containing a chemical dispersing aid for the particulate microwave susceptor material.
- 30 6. The method of claim 5 wherein the chemical dispersing aid is polyoxyethylene (20) glycerin monostearate, polyoxyethylene (20) sorbitan monolaurate (Polysorbate 20), polyoxyethylene (20) sorbitan monostearate (Polysorbate 60), or polyoxyethylene (20) sorbitan monooleate (Polysorbate 80).

7. The method of claim 1 wherein the microwave susceptor material is carbon, carbon black, or graphite.

8. The method of claim 1 wherein the natural polymer binder is  
5 present in an amount of 9 to 13 parts by weight and the microwave susceptor material is present in an amount of 9 to 13 parts by weight.

9. The method of claim 1 wherein the ink has greater than 20 percent by weight solids.  
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10. A process for making a liquid coating composition for forming a microwaveable coating, comprising;

- a) combining, to form a mixture:
  - (i) particulate microwave susceptor material,
  - (ii) water, and
  - (iii) optionally, a chemical dispersing aid for the microwave susceptor material,
- b) milling the mixture to separate any aggregated particles of microwave susceptor material and to disperse the microwave susceptor material in the water, to form a mixture of substantially non-aggregated microwave susceptor material in a solvent, and
- c) contacting the mixture of substantially non-aggregated microwave susceptor material in water with a natural polymer binder to form a liquid suitable for printing an article for the purpose of converting a portion of microwave energy to heat.  
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11. The process for making a liquid coating composition of claim 10 wherein the mixture also contains a chemical defoaming aid.  
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12. The process of claim 10 wherein the liquid suitable for printing an article has greater than 20 percent by weight solids.